



WORKSITE WELLNESS NEWS

VOLUME 8, ISSUE 10

JUNE 1, 2016

SPECIAL POINTS OF INTEREST:

- Hit a Home Run by attending the Health & Safety Expo!
- Avoid Heat-Related Illnesses this Summer

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2016 Health & Safety Expo

Thursday, June 16th

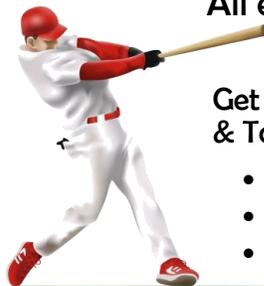
10am-2pm @ the Brazos Center

Featuring lots of great booths, free health assessments, and the Backhoe Rodeo!

All employees of the City of Bryan, City of College Station and Brazos County are welcome!

Get one hour of Safety or Wellness credit for the Training & Talent Development Program by attending the Expo!

- Blood pressure checks
- Benefit information
- BMI assessments
- Cholesterol screenings
- Glucose screenings
- And more!



By attending and visiting various booths, you will be entered to win the grand prize!



It's Heating Up Out There!

The warmer months are here and you should take necessary precautions to prevent heat related illnesses and injuries. Extended exposure to high temperatures can tax the body beyond its ability to cool. The best defense against heat-related illnesses is prevention. Follow these tips to stay safe in the heat:

- Be trained to recognize heat-related illnesses. Click [here](#) to view the signs and symptoms of these illnesses;
- Drink 16-32 ounces of cool fluids each hour when working outdoors; replace salt and minerals with electrolyte drinks;
- Do not rush; a slower but steady pace reduces stress on the body; avoid working in direct sunlight when possible, and take frequent breaks;
- Protect your face and head by wearing a wide-brimmed hat;
- Apply sunscreen 30 minutes prior to going out and continue to reapply;
- Wear UV-absorbent sunglasses to protect your eyes;
- Perform most strenuous outdoor tasks during the morning hours, if possible;

(See Heat-Related Illnesses Continued on Page 2)

Crab, Corn, and Tomato Salad with Lemon-Basil Dressing

Yield: 4 servings

Ingredients

- 1 tablespoon grated lemon rind
- 5 tablespoons fresh lemon juice, divided
- 1 tablespoon extra virgin olive oil
- 1 teaspoon honey
- 1/2 teaspoon Dijon mustard
- 1/4 teaspoon salt
- 1/8 teaspoon freshly ground black pepper
- 1 cup fresh corn kernels (about 2 ears)
- 1/4 cup thinly sliced basil leaves
- 1/4 cup chopped red bell pepper
- 2 tablespoons finely chopped red onion
- 1 pound lump crabmeat, shell pieces removed
- 8 (1/4-inch-thick) slices ripe beefsteak tomato
- 2 cups cherry tomatoes, halved

Preparation

1. Combine rind, 3 tablespoons juice, and next 5 ingredients (through black pepper) in a large bowl, stirring well with a whisk. Reserve 1 1/2 tablespoons juice mixture. Add remaining 2 tablespoons juice, corn, and next 4 ingredients (through crab) to remaining juice mixture; toss gently to coat.
2. Arrange 2 tomato slices and 1/2 cup cherry tomatoes on each of 4 plates. Drizzle about 1 teaspoon reserved juice mixture over each serving. Top each serving with 1 cup corn and crab mixture.



Source: www.myrecipes.com

Heat-Related Illnesses Cont.

- Wear loose-fitting, light weight, light-colored clothing;
- Use a buddy system and check on your co-workers (or family member if at home) often; monitoring for heat-related symptoms increases the chances of avoiding illness;
- Avoid hot foods and heavy meals;
- Avoid caffeine and alcohol, due to their dehydrating properties;
- Seek medical attention right away if you are experiencing symptoms of heat-related illness.

Sources: <http://www.tdi.texas.gov>, <https://www.osha.gov/SLTC/heatstress/>

Upcoming CPR, First Aid & Defensive Driving Classes

CPR & First Aid-First Time

June 28th

8am-3pm at the MSC

CPR Renewal

June 28th

3-5pm at the MSC

Defensive Driving

June 27th

8am-4pm at the MSC

To register for a class, click [here](#).

Full CPR courses must have a minimum of four participants to make.





June is National Safety Month

Safety Spotlight: Reach for safer medicine

The National Safety Council and thousands of organizations across the country work to raise awareness of what it takes to stay SafeForLife. Observed annually in June, National Safety Month focuses on reducing leading causes of injury and death at work, on the roads and in our homes and communities.

Every day we make decisions that have a direct impact on our health. Making smart food choices and exercising regularly can help keep us in shape and avoid many injuries. However, if an injury does occur, we can still protect our health when deciding what medications to take.

Prescription painkillers such as Oxycontin, Percocet and Vicodin account for more drug overdoses than heroin and cocaine combined. These legally obtainable drugs are highly addictive and actually less effective than a combination of ibuprofen and acetaminophen.

What Are the Signs of Opioid Painkiller Addiction?

It's not always easy to tell if someone is addicted to opioid painkillers. Experts say common symptoms include:

- Excessive mood swings or anxiety
- Sleepiness
- Slurred speech
- Confusion or poor decision making
- Small pupils or shallow breathing
- Continually "losing" prescriptions so more must be written
- Seeking prescriptions from more than one doctor
- Stealing, forging or selling prescriptions

FAST STAT:

Every day, 52 people die from prescription opioid overdoses.

Source: NSC analysis of NCHS mortality data

Should You Work or Drive While Taking Opioid Painkillers?

Certain side effects of opioid painkillers could hinder your ability to drive or work safely.

- Dizziness
- Sleepiness
- Blurred vision
- Confusion or unusual thoughts
- Delayed reaction
- Difficulty following directions

Talk to Your Family About the Risks of Opioid Painkillers

- Discuss the dangers of mixing prescription drugs with alcohol
- Explain how painkillers are made from opioids, which are similar to heroin

Article Source: <http://www.nsc.org>



CITY OF BRYAN/BISD EMPLOYEE HEALTH CENTER

Open Monday-Thursday 7:30am-5:30pm (closed Noon-1pm)

Friday 7:30am-3:00pm (opened Noon-1pm)

Saturday 8am-Noon (minor acute illness only-call for appt.)

Limited walk-ins accepted from 7:30-8:30am during the week (acute illnesses only)

Call 979-821-7690 for an appointment!

Questions or concerns? Email CityOfBryanHealth@st-joseph.org

If you have wellness related news to share with others and would like to have it spotlighted in our next newsletter, please feel free to submit it to:

Lesley Ward

Wellness Coordinator

979-209-5050

lward@bryantx.gov

<http://wellness.bryantx.gov>

Know Your Benefits

Employee Assistance Program (EAP)

Much More than Counseling!

We all experience ups and downs in life. It's impossible to avoid the many stresses, conflicts, and challenges that occur each day. Often we resolve these situations on our own or with the help of family and friends. Sometimes however, it helps to talk to someone with experience. Deer Oaks, your EAP provider, has counselors on staff for help 24/7 with everyday questions.

The City of Bryan recognizes how important you are to the success of the organization, and provides you with this valuable service to support you and your household members/dependents. Your participation in the EAP is voluntary and strictly confidential.

What kinds of issues can the EAP help with?

Just about any kind of concern imaginable can be brought to the EAP. They range from simple to complex situations as:

Assessment & Counseling: A network of 54,000+ mental health providers throughout the United States is available to provide in-person assessment and counseling services to members wherever they may reside. Counselors may also conduct assessments by phone and provide in-the-moment telephonic support and crisis intervention.

- ⇒ Relationship issues
- ⇒ Depression
- ⇒ Family and parenting problems
- ⇒ Bereavement & other losses
- ⇒ Stress
- ⇒ Addiction & Recovery

Tele-Language Services: Deer Oaks has the ability to provide therapy in a language other than English if requested.

Advantage Financial Assist: Unlimited telephonic consultation with a financial counselor qualified to advise on a range of financial issues such as bankruptcy prevention, debt reduction and financial planning; supporting educational materials available; credit report review by a financial counselor and tips for improvement; objective, pressure-free advice; unlimited online access to a wealth of educational financial resources, links, tools and forms.

Interactive Online Simple Will Preparation: Create a legally-binding simple state specific will at no cost through a step by step online process. Access this service through www.deeroaks.com.

Credit Monitoring: Free credit reports and credit monitoring available via the legal/financial center.

ID Recovery: Free 30-minute telephonic consultation with an Identity Recovery Professional.

Online Tools & Resources: Log on to www.deeroaks.com to access an extensive library containing health and wellness articles, child and elder care resources, work/life balance resources and webinars.

Find-Now Child & Elder Care Program: This program assists participants caring for children and/or aging parents with the search for licensed, regulated, and inspected child and elder care facilities in their area. Work/Life Consultants assess each member's needs, provide guidance, resources, and a list of up to three (3) referrals within 12 hours of the call. Searchable databases and other resources are also available on the Deer Oaks website.

Take the High Road: Deer Oaks reimburses members for their cab fares in the event they are incapacitated due to impairment by a substance or extreme emotional condition. This service is available once per year per participant with a maximum reimbursement of \$45.00 (excludes tips).

When should I use the EAP?

Whenever you feel the need to talk to someone objective, experienced and nonjudgmental. We suggest the earlier, the better. Waiting or ignoring a challenge usually makes things worse.

Is the EAP Confidential?

The EAP is strictly confidential. No one will know you've contacted the program, and your name is not reported to your employer.

How do I get started?

Make your life easier and contact Deer Oaks at 866-327-2400 or access through the city's MY COB page by clicking [here](#).